

FINDING YOURSELF FOR COLLEGE STUDENTS



1. LEARN WHO YOU ARE AS A PERSON

When starting college, it can be hard to identify new hobbies and interests to occupy your time in your new environment. In college, you will have more free time than high school because there is not a set school schedule everyone follows and you may be living on your own for the first time (Chan et al., 2023). It can also be challenging to balance time spent on school work and time spent doing activities you enjoy. To learn more about yourself as a person, use personality tests or goal planning.

Learning who you are now as a student and what your strengths and areas of improvement are can help you to stay on track to achieve your goals for the future (Aeon et al., 2021). To learn more about yourself as a student, try to figure out your learning style, study strategies, skills, and your ideal study environment.

2. LEARN WHO YOU ARE AS A STUDENT

Creating friendships with other students on campus can have a positive impact on psychological well-being and mental health (Shell et al., 2020). To find events happening on campus you can look for posters about club meetings, check social media for posts about events, or join the SGA email list.

3. GET INVOLVED ON CAMPUS

Trying new things is critical for good mental health. When you try something new your brain gets a hit of dopamine, the feel good chemical, which makes you feel pleasure, motivation, and reward (Brooks, 2022). You have not always liked the same things you do now. You never know if you will like something until you give it a try. Do not be afraid to get out of your comfort zone and try new things such as foods, experiences, a class, or hanging out with a new friend.

4. TRY SOMETHING NEW